

October 2022

High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
3 284 Chicken Alfredo with Broccoli 611 Bagged Baby Carrots 670 Fresh Fruit 446 Mott's Apple Juice 908 Dinner Roll	4 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 645 Dole Pineapple Cup 670 Fresh Fruit 903 Honey Maple Biscuit	5 290 Spanish Rice & Beans with Plantains (NEW) 620 Salsa 447 Mott's Apple White Grape Juice 670 Fresh Fruit 941 Tostitos Scoops	6 202 Cheeseburger with Bun (NEW) 604 Baked Beans 445 Mott's Fruit Punch Juice 670 Fresh Fruit 992 Oatmeal Cookie	7 256 Cheese Stuffed Breadsticks 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 659 Watermelon Craisins
10 281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 445 Mott's Fruit Punch Juice 670 Fresh Fruit 990 Chocolate Chip Cookie	11 215 Taco Stick 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 941 Tostitos Scoops	12 280 Hamburger with Green Beans 541 Chocolate Hummus 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 915 Hamburger Bun	13 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 446 Mott's Apple Juice	14 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 928 Goldfish Pretzels
17 277 Chicken Fajita Bowl with Brown Rice, Black Beans & Tomatoes 632 Wango Mango Vegetable Juice 688 Plain Applesauce 658 Cherry Craisins 936 Vanilla Bear Grahams	18 283 Chicken Fingers with Corn 631 Cherry Star Vegetable Juice 645 Dole Pineapple Cup 670 Fresh Fruit 992 Oatmeal Cookie	19 286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetable Blend 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice 901 Honey Biscuit	20 256 Cheese Stuffed Breadsticks 706 Romaine Salad with Cherry Tomatoes 622 Marinara Sauce 445 Mott's Fruit Punch Juice 670 Fresh Fruit	21 225 Ciabatta Cheese Melt 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 690 Apple Crisps
24 284 Chicken Alfredo with Penne Pasta & Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 646 Dole Peach Cup 908 Dinner Rolls	25 280 Hamburger with Green Beans 611 Bagged Baby Carrots 446 Mott's Apple Juice 670 Fresh Fruit 915 Hamburger Bun	26 264 4x6 Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 658 Cherry Craisins 993 Holiday Cookie	27 281 Popcorn Chicken with Roasted Potatoes 541 Chocolate Hummus 630 Dragon Punch Vegetable Juice 447 Mott's Apple White Grape Juice 684 Mixed Berry Applesauce 993 Holiday Cookie	28 215 Taco Stick 620 Salsa 632 Wango Mango Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 941 Tostitos Scoops

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich..

Archdiocese of Philadelphia
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SchoolMealsNDS

NDSchoolLunchProgram

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www.nutritionaldevelopmentservices.org

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.